

The NGCTS

COMPOSITION BOOK

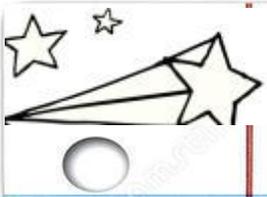
100 SHEETS • 200 PAGES
9 3/4 X 7 1/2 IN. • 24.7 X 19 CM
COLLEGE RULED

Tourette syndrome

Survival Guide

AN OWNERS MANUAL FOR TS

Survival Guide to:
Being one of the Greats



Survival Guide: *The Movies*



Jenn and Amanda Act out how go to the movies and stand up for yourself if it becomes a problem

Tip #1:

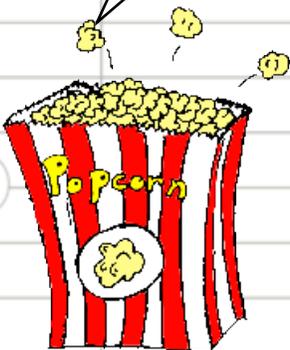
See a Movie that REALLY interests you! Sometimes if you are really focused on something you enjoy your tics can decrease

Tip #3:

IF a person sitting farther away is making comments, ignore it the first time, and the second time, step out and ask an usher for indirect assistance. This way there is not verbal distraction between 2 people.

TIP #3:

Bring a Fidget



Tip 3: Take Frequent Bathroom Breaks, or step out if needed for a minute

DO's of Surviving with TS AT THE MOVIES:

- **DO:** Get to the movie early to pick the best seats and get settled
- **DO:** Go with close friends who understand your TS, and can be flexible if need be
- **DO:** Bring a Jacket incase it gets cold (Sometimes temperatures can trigger your tics!)



DONT's of Surviving with TS AT THE MOVIES:

- **Don't:** Walk in Late
- **Don't:** Eat too much sugar before hand
- **Don't:** Talk during the movie (it can make your tics worse!)
- **Don't:** use your phone
- **Don't:** Take comments too personally (Some people don't know what TS is!)



"Please don't shush me"

I know you may not know why I am ticcing

But please don't make a scene and start nit picking

I came to watch the movie just like you

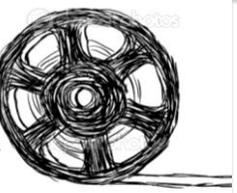
It's a neurological disorder, there's nothing I can do!

- John Smith



If all else fails...Have a **backup Plan!**
Suggest watching a movie at home or starting a new show on Netflix, because everything eventually comes out on DVD!





The Movies: Script

Narrator: In the scene you are about to watch, it is a Friday night and Two friends are arriving to the movies to see "Frozen". Since it was the first day this movie came out. Both girls were able to find the last two seats in the theater that were together, up in the first row.

Girl 1: I've been waiting to see this movie for months! I really hope my tics don't get in the way. I'm kinda worried they will, especially in the front row.

Girl 2: Hey, Don't worry about it, I'm sure no one will say anything or even notice!

Narrator: The movie begins and both girls get really excited for the opening song... when suddenly...

Girl 1 starts to motor tic: arm goes up in the air, both girls try and ignore it, but it continues

Girl 1: I think I should step out for a minute; I can't help but think I'm distracting everyone.

Girl 2: But you'll miss the best part! Pleaseeee Stay!

Narrator: Both girls stay and the tics continue. They continue to increase in frequency and volume as the girls get more excited about the movie best scenes. This time her motor tics cannot stop, and as she becomes more aware of the possible distraction, they increase with her anxiety



Person sitting next to her: Hey could you please stop. I'm trying to watch and hear the movie



Girl 1: I'm sorry but I have Tourette Syndrome, which means that I can't control my movements and sounds sometimes. It's something neurological and telling me to stop can sometimes just make me nervous and make my tics worse.

Girl 2: We've been looking forward to seeing this movie for a long time too and didn't think it'd be fair for her to miss it, over the chance of some possible tics.

Person sitting next to her: No, I'm sorry, I had no idea, I thought you guys were just trying to be like some of the teenagers at the movies can be sometimes.

Girl 1 and 2 turn back towards each other

Girl 1: I do have to go to the bathroom anyways, so I'm going to step out for a minute and by the time I come back I should be more relaxed. Pay close attention to the movie for me, I want updates when I come back!

Girl 1 comes back in and her tics settle down

Narrator: The movie finishes and the girls head out to their cars.

Girl 2: Sorry you had to deal with that lady before, she was so rude!

Girl 1: Hey not everyone knows what TS is, so I'm actually thankful I got to educate another person on it today. Hopefully now she'll be more aware of how TS works if she ever encounters someone with it again.

